

Mastering Movement: Ball Skills Challenge

Learning objective: To develop control, coordination, and tactical understanding of ball skills in line with Year 4 PE curriculum standards.

Use these flashcards to test your knowledge of ball control, terminology, and tactical movement. Think like Max the monkey—treat every game as a puzzle to be solved!

Dribbling

The skill of moving a ball across the ground using the feet or hands while maintaining control and looking up to observe teammates.

Pivoting

Keeping one foot planted on the ground while rotating your body to move the ball away from an opponent.

Intercepting

Reading the game to move into the path of a pass and gaining possession of the ball before it reaches the intended teammate.

Spatial Awareness

Being conscious of where you are, where the ball is, and the positions of both teammates and opponents on the pitch.

Why is 'looking up' while dribbling considered a higher-order skill compared to looking at your feet?

Looking up allows a player to process information about teammates' positions and opponent movements, enabling better tactical decision-making.

Justify why communication is vital when defending as a team.

Verbal cues help teammates coordinate defensive shapes, warn of hidden opponents, and ensure no player is left unmarked.

Compare and contrast 'attacking' and 'defending' movements.

Attacking involves creating space and moving into open areas to receive the ball; defending involves closing space and shadowing opponents to restrict their options.

What might happen if a player fails to use a pivot when closely marked?

They may lose possession because they are unable to shield the ball or find a safe passing lane, leading to a turnover.

Explain why controlling the velocity of a pass is important for successful team play.

If a pass is too fast, the receiver may lose control; if it is too slow, an opponent has time to intercept the ball.

Ball Retention

The strategy of keeping possession of the ball through short, accurate passes to tire out the opposition.